

Roasted nuts

The ideal pairing for a happy hour cocktail, nuts are full of fiber, which can help keep your blood sugar levels stable and lower your risk of type 2 diabetes. They are high in calories, so use this rule to avoid overdoing it: Take a small handful and put it on your plate at the beginning of a party. Munch on that amount instead of grabbing nuts throughout the evening.



EASY RECIPE

Festive nuts (16 servings)

Toss 1 cup each of **almonds**, **walnuts** and **pecans**
+ 3 Tbsp **olive oil** + 2 tsp **Worcestershire sauce**
+ 4-5 sprigs of fresh **thyme** or **rosemary**
+ a pinch of **red pepper flakes**, **sea salt** and
pepper. Roast in the oven at 350°F on a
baking sheet for 20 to 25 minutes.